

# Nutrition Education Lunch & LEARNs

Thursdays

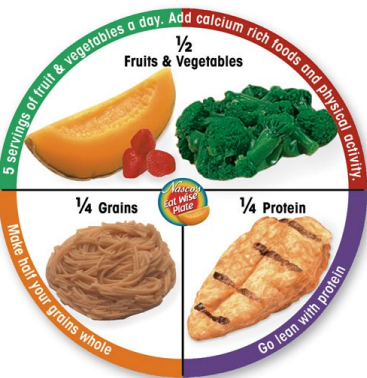
Starting: May 8th

Last Day: June 12th

11am-12pm



**Brown Bag  
Bring your  
lunch!**



## The Expanded Food and Nutrition Education Program Classes

Presented by The University of Arizona Cooperative  
Extension, Maricopa County; taught by Heidi Keeling,  
Instructional Specialist

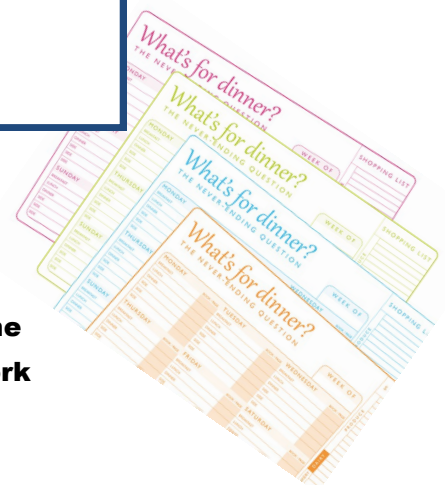
Classes are free, fun, and practical!

### Participants will learn about:

- ⇒ The New "My Plate" and Portion Sizes
- ⇒ Key Nutrients Our Bodies Need Every Day
- ⇒ Meal Planning and Cooking on a Budget
- ⇒ How to Read a Food Label
- ⇒ What is a Calorie?
- ⇒ Osteoporosis Awareness and Prevention

Class Participants will receive a certificate of  
completion from The University of Arizona

Learn about healthy habits and food choices  
for the whole family!



Life Enhancement and Resource Network

**Located at the  
Opportunity Center.**

**For more information please contact the  
Life Enhancement And Resource Network  
at 480-362-5680 or  
Melody Delmar at 480-362-2604**